



FIND THE WORDS FOR WHAT  
YOU FEEL.

WHAT IS THE FEELINGS

Wheel?



Drawing from psychology, neurology, and linguistics, Dr. Gloria Wilcox created a unique and nuanced approach to identifying and understanding emotions. The Feelings Wheel allows you to better navigate your inner emotional environment and foster emotional intelligence.

HOW DOES IT

Work?

The Feelings Wheel organizes our feelings into primary, secondary, and tertiary emotions. Each subcategory delves deeper into the nuances of emotional experiences, allowing you to pinpoint and express your emotions with accuracy.

- **Primary emotions** are the innermost circle and consist of comprehensive emotions like sadness, anger, or fear. They provide a general sense of how you're feeling.
- **Secondary emotions**, on the next layer outward, offer a more nuanced understanding of our feelings. For instance, under the primary emotion of surprise, you may find yourself excited, amazed, or even confused. This layer typifies the complexities underneath primary emotions.
- **Tertiary emotions**, situated on the outermost layer, reveals the most specific and detailed emotions you can experience. These emotions capture the distinctions that characterizes each emotional experience. For example, under perplexed, you may be shocked or disillusioned.

# Feelings Wheel's *Benefits*



The Feelings Wheel reveals the intricacies of emotional experiences and the interconnectedness between emotions. In addition to helping explore your feelings and express them more accurately, the Feelings Wheel also:

- Gives you language to effectively communicate your emotional states, breaking down barriers, and enabling those around you to respond appropriately.
- Engages you in introspection to cultivate increased self-awareness and insight into your thoughts, behaviors, and motivations, reflecting on the subtleties of your emotions and the deeper meanings behind them..
- Supports emotional regulation by helping you identify what is really going on with your emotions.
- Acknowledges the wide spectrum of emotions we all experience, helping us identify what triggers them, reminding us that our emotional responses are natural and valid, which is crucial in settings where certain feelings might be misunderstood.
- Helps you embrace your emotions without shame or judgement, empowering you to learn effective ways to manage them when they arise.



# USING THE FEELINGS *Wheel*



The Feelings Wheel is a practical tool that empowers users to develop their emotional intelligence. It can help you pinpoint the general category of emotions you are experiencing, then dive deeper into your emotional states allowing you to differentiate between, say, perplexed and astonished. Using the Wheel is as easy as 1...2...3.

1. **Determine** how you feel in the moment. Do you feel like yelling, crying, escaping? Scan the wheel to discover what adjective(s) best describes your emotional state, then you will be empowered to meet the moment.
2. Once you've identified your emotions then you can **communicate** your emotions, in everyday language, to yourself, your spouse, and others in your circle.
3. Now that you've communicated your feelings, you can **respond** to the triggers and underlying causes of your feelings. The Feelings Wheel facilitates insight that empowers you to manage your reactions, promoting thoughtful responses.

That's it: determine, communicate, respond.

You no longer have to grasp for the language to express yourself. On the next page is an expansive copy of the Feelings Wheel. Please print that page, fold it up, and carry it with you always. Pull it out when you need to engage with, communicate, or manage your emotions.

